ABSTRACT#1170235

Introduction:
Atopic dermatitis (AD) is a significant problem affecting 15-20% of children worldwide. There exist two ideologically different treatment strategies for AD involving frequency of bathing. Currently, evidence-based data exists to suggest that either limiting the frequency of bathing ("dry method") or encouraging frequent bathing ("wet method") is more effective for the treatment of AD.

Methods:
To investigate how bathing frequency factors into current trends in the treatment of AD, we conducted a cross-sectional survey of allergists and immunologists using an online questionnaire which asked as part of your general management of pediatric atopic dermatitis, along with moisturization, what do you counsel your patients to do about water exposure? a) Increase bathing frequency to daily (or more) and duration of bathing to >10 minutes/bath; b) Limit bathing frequency to every other day or less and duration of bathing to ≤10 minutes; or c) None of the above."

Results:
A group of 5,147 physicians on the AAAAI listserv were emailed this survey. Of those, 516 physicians (57.01%; 95% CI, 53.83-60.27%) chose "a," indicating a tendency toward using "wet method" to treat their patients, while 124 physicians (13.72%; 95% CI, 11.63-16.0%) chose "b," indicating that they most frequently used "dry method" strategies to treat AD. Additionally, 264 physicians (29.2%; 95% CI, 26.33-32.25%) responded with "c," that neither of the two options provided by the survey fit their approach to treatment of AD. Of the total respondents, those who did not agree with the "wet method" approach as part of the survey (choosing either answer b or c) amounted to 42.92%.

Conclusion:
There is no consensus among allergy and immunology physicians on how to advise patients with AD about the frequency of bathing. Patients are likely receiving conflicting recommendations adding to the frustration of managing this chronic skin condition. More research is needed to show which method is most effective for patients with AD.

METHODS
To investigate how bathing frequency factors into current trends in the treatment of AD, we conducted a cross-sectional survey of member-physicians of the American Association of Allergy, Asthma, and Immunology (AAAAAI). A one-question survey was created using Survey Monkey, and was emailed to 5,147 physicians on the AAAAI listserv. There were 904 respondents to the survey.

RESULTS
As part of your general management of pediatric atopic dermatitis, along with moisturization, what do you counsel your patients to do about water exposure?

a) Increase bathing frequency to daily (or more) and duration of bathing to > 10 minutes per bath.

b) Limit bathing frequency to every other day or less and duration of bathing to ≤10 minutes per bath.

c) None of the above.

Survey Response

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Domestic</th>
<th>International</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase bathing frequency to daily (or more) and duration of bathing to &gt; 10 minutes/bath</td>
<td>476</td>
<td>40</td>
<td>516</td>
</tr>
<tr>
<td>Limit bathing frequency to every other day (or less) and duration of bathing to ≤10 minutes/bath</td>
<td>94</td>
<td>30</td>
<td>124</td>
</tr>
<tr>
<td>None of the above</td>
<td>222</td>
<td>42</td>
<td>264</td>
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<td>Total number who replied to survey</td>
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<td>904</td>
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<tr>
<td>Total number who did not reply to survey</td>
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<tr>
<td>Total number of invited respondents</td>
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<td>5147</td>
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</tbody>
</table>

CONCLUSIONS

1) Of the total respondents to the survey, 43% did not agree with the "wet method" versus 57% who did agree.

2) There is no consensus among allergy and immunology physicians on how to advise patients with AD about the frequency of bathing.

3) Patients are likely receiving conflicting recommendations; this may add to the frustration of managing this chronic skin condition.

4) More research is needed to show which method is most effective for patients with AD.

REFERENCES


DISCLOSURES
The authors have no disclosures to report.